

# Milford **Recreation** *Summer Guide*



**2013**

[www.milfordrec.com](http://www.milfordrec.com)



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MEMBER OF



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# **JULY 4TH FAMILY FUN DAY & FIREWORKS**

**KEYES MEMORIAL PARK**

**SPONSORED BY MILFORD RECREATION COMMISSION**

**Patriotic Bike Parade & Contest 12pm**  
at Keyes Skate Park  
(Bring a decorated bike, stroller or wagon)

**Field Activities 12-3pm**  
at Keyes Stage  
(Hosted by DJ Dave Alcox)

**Face Painting**

**Food Concessions**

**FREE entry to Keyes Pool**

**Rob Oxford at Keyes Stage 8-9:30pm**

**Fireworks begin at dusk– Atlas Fireworks**

**PLEASE NO PETS • RAIN DATE: Friday, July 5th**

## **2nd Annual Kids Carnival**

**Saturday, June 22nd**  
**10am-1pm**  
(Rain Date: Sunday, June 23rd)

**Keyes Memorial Park, 45 Elm St.**  
**Games • Goodies • Prizes**

This is a family event, most of the games will be for preschool aged children through fifth grade but all are welcome! We will be raising money for Keyes pavilion and patio addition! This event is open to Milford Residents and non-residents. Come on down!

### **Keyes Park Security**

Keyes Park is the perfect place for individuals and families to relax and enjoy Milford's recreation facilities. The Town has implemented a proactive plan in an effort to preserve the positive qualities and recreational opportunities of the park. This plan includes onsite park rangers, increased police patrols, security cameras and stiff suspensions for infractions of park rules, ordinances or laws. A 3 Strike suspension schedule has been adopted with the first offense resulting in a 30-day suspension, a second offense in a 60-day suspension and a third offense in indefinite suspension with reinstatement by appeal. To report a concern or request assistance please call Milford Police non-emergency at 673-1414.



### **Scholarships**

Program and pool pass scholarships are available for Milford Residents. Please contact the Milford Recreation Department for more details at 249-0625.

## Recreation Events

### Off the Couch & into Nature

**Families, Parents, Kids.** Milford Recreation & NH Children in Nature Coalition present a FREE half day program on how to get your kids outside safely and happily. Fun, simple activities to engage parents and kids ages 3-8. All children welcome (accompanied by an adult). Come dressed for weather. Let's get out into nature and have fun! **Pre-registration required. Keyes Park.**

**Saturday, June 8 9am-12pm FREE!**



### Kids Carnival

**All ages.** Join us at Keyes Park for a summer kick off event featuring games, prizes, food and more! This is a family event with games and activities for preschool aged children through fifth grade but all are welcome! This event is open to all and will help us raise money for Keyes pavilion and patio addition. Come on down!

**Saturday, June 22nd 10am-1pm**  
(Rain Date: Sunday, June 23rd)



### Sounds on the Souhegan Summer Concert Series

**All ages.** Milford Recreation invites you to join us each Wednesday during the summer for FREE public band concerts at Emerson Park, 7-8:30pm. In the event of rain, concerts will be moved indoors to the Town Hall Auditorium with the exception of July 4th, rain date July 5th.



\*Thursday, July 4th—Rob Oxford, Country/Folk  
Wednesday, July 10th—Jandee Lee Porter Band, Country  
Wednesday, July 17th—Hollis Town Band, Town Band  
Wednesday, July 24th—Bedford Big Band, Big Band  
Wednesday, July 31st—Amherst Town Band, Town Band  
Wednesday, August 7th—Amoskeag Strummers, Town Band  
Wednesday, August 14th—Temple Band, Town Band  
Wednesday, August 21st—Studio Two, Beatles Tribute Band  
Wednesday, August 28th—Brass Connection, Brass Band  
\*Keyes Park Stage, 8-9:30pm

### July 4th Family Fun Day & Fireworks

**All ages.** Milford Recreation presents an annual family fun day at Keyes Field. In the event of rain, festivities will be held on July 5th.



**Festivities start at 12pm/Fireworks begin at dusk.**

- **Patriotic Bike Parade & Contest 12pm-** Bring a decorated bike, stroller or wagon at Keyes Skate Park.
- **Field Activities 12-3pm-** hosted by DJ Dave Alcox at Keyes Stage.
- **Face Painting**
- **Food Concessions**
- **FREE Entry to Keyes Pool**
- **Rob Oxford at Keyes Stage 8-9:30pm**
- **Fireworks begin at dusk—Atlas Fireworks**

## Bus Trips

### Down East Outing—Foster's Clambake in Maine

**All Ages.** Join us for a trip to Foster's featuring lobster, clam chowdah, steamed clams, mussels and blueberry cake. After lunch enjoy a scenic coastal ride to view Nubble Light, visits to Short Sands Beach and Stonewall Kitchen. Price includes meal, sightseeing and transportation. **Space is limited to 13 seats.**



**Monday, 7/15 9am-4:30pm \$68 per person**

**Parking at the Municipal Parking Lot, Garden St.**  
**Depart Milford 9am/Depart Maine 3:30pm**

### New York City Sightseeing Trip

**Adults & Families.** This trip to NYC highlights ferry boat ride from Battery Park to Statue of Liberty viewing and a visit to the 9/11 Memorial Museum. Due to hurricane damage Ellis Island Immigration building is currently closed, if closed at the time of our trip we will substitute a stop at South St. Seaport for shopping and restaurants. **Book your seat online at [www.milfordrec.com](http://www.milfordrec.com).**



**Saturday, 8/10 6am-11:30pm \$88 per person**

**Parking at Cirtronics, Rt. 13**  
**Depart Milford 6am/Depart NYC 6:30pm**

### Winnepesaukee Playhouse – The Fantasticks

**All ages.** Come and join us for a production of the world's longest running musical—The Fantasticks! Performance at the new Winnepesaukee Playhouse in Meredith, NH. Includes picnic lunch prepared by Canoe Restaurant, show, and transportation. **Space is limited to 13 seats.**



**Thursday, 8/15 2pm matinee \$60 per person**

**Parking at Municipal Parking Lot, Garden St.**  
**Depart Milford 11:30am/Depart Meredith 4:30pm**

**Register for all programs  
online at  
[www.milfordrec.com](http://www.milfordrec.com).**



## Summer Week Programs

### LAX Clinic

**Boys Ages 7-17.** Join Milford HS Head Varsity coaches, Rick Urda & Darren Fleury for the basic fundamental skills of lacrosse. Learn the latest techniques of the game, refine skills to improve your level of play, strengthen team concepts and strategies. This program is focused on player preparation for middle and high school level of play. Program will be held rain or shine. Must bring own LAX equipment (helmet, mouth guard, shoulder pads, arm pads, gloves, cleats and stick).

**MHS practice football field. Registration deadline July 1st.**

**Monday-Friday, 7/8-7/12 9am-12pm**  
**Res \$75/NRes \$85**



### Youth Instructional Basketball

**Lil' Shots (Ages 5 & 6):** Young players are introduced to game basics using a 6' hoop and size 4 ball to create fun and success.

**Blue Chips (Ages 7-9):** Players continue to develop basketball skills through fundamental activities, games and fun basketball challenges. This group will use an 8' hoop and size 5 basketball.

**Keyes outdoor basketball court. Registration deadline July 1st.**

**Monday-Thursday (Friday rain make up) 7/8-7/12**  
**Lil' Shots 10-10:45am Res \$30/NRes \$35**  
**Blue Chips 11am-12pm Res \$35/NRes \$40**



### Drama Under the Sun

**Ages 7-15.** Visit Africa, China and Europe in our own Emerson Park. Imagine staging your play next to a river and a forest— see a tiger? Hear the tale! Use your imagination to create a play so exciting you can believe it. Travel the world through drama, stories, music and games.

**Emerson Park/Rainy days held in the Milford Town Hall 3rd Floor Auditorium. Instructor Roberta Woolfson. Registration deadline July 8th.**

**Monday-Friday, 7/15-7/19 9am-12pm**  
**Res \$100/NRes \$110**



## Summer Week Programs

### British Challenger Soccer Camp

**First Kicks (Ages 3&4):** Young players are introduced to game basics through fundamental activities, games and fun soccer challenges.

**Mini Soccer (Ages 5&6):** Fun games, low key competitions and challenging skill-building activities will captivate and enlighten your young players.

**Half Day (Ages 7-9):** A three hour daily coaching program providing technical and tactical instruction in all areas of the game of soccer.



**Host-A-Coach:** A unique and truly rewarding part of the British Soccer Camp is our host family program. A coach will stay with a family for the duration of the camp week, usually Sunday evening through the following Saturday or Sunday. All host families receive \$80 voucher towards the cost of camp. Please contact Milford Recreation for more details. **Keyes Park Soccer Field.**

**Monday-Friday, 7/22-7/26 (all programs)**

<b>First Kicks</b>	<b>9-10am</b>	<b>Res \$79/NRes \$84</b>
<b>Mini Soccer</b>	<b>10:15-11:45am</b>	<b>Res \$101/NRes \$106</b>
<b>Half Day</b>	<b>4-7pm</b>	<b>Res \$134/NRes \$139</b>

**Register by July 12th and SAVE \$15!**  
**(all prices include a ball and t-shirt)**

### Gotta Groove Dance Week

**Ages 7-12.** Kids will participate in a one week dance program learning styles such as lyrical, jazz and hip-hop. Come and rock out to your favorite songs, play games and much more! Bring a snack, water and white t-shirt to decorate for the performance at the end of the week. Please wear comfortable clothes and dance shoes, or bare feet. **Instructor Leslie D. Town Hall 3rd Floor Auditorium. Limited to 10 participants. Registration deadline July 15th.**



**Monday-Friday, 7/22-7/26 12-3pm**  
**Res \$80/NRes \$90**

**Please note summer program registration deadlines. No refunds after registration deadline.**

## Summer Week Programs

### Archery Camp

**Ages 7 & up.** Do you want to learn about archery? Looking to improve your archery skills learned in archery classes? Join instructor Dana White for a week long intensive archery summer camp! Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. **Instructor Dana White is a Level III Certified Instructor** with the National Archery Association (NAA) and National Field Archery Association (NFAA). **Keyes Park.**



**Monday-Friday, 10am-12pm Res \$140/NRes \$150**

**Session 7/29-8/2 (Registration deadline 7/22)**  
**Session 8/12-8/16 (Registration deadline 8/5)**

### Art on Wheels

**Ages 7-14.** If your kids are interested in art then this is a great half-day program for them! Students will learn about fine and commercial art. A great introduction to an assortment of art tools, techniques and materials. Program includes short projects that the students create each day. **Instructor Cheryl Coderre. Banquet Hall, 3rd Floor Milford Town Hall. Minimum of 6 participants. Registration deadline July 22nd.**



**Monday-Friday, 7/29-8/2 9am-12pm**  
**Res \$115/NRes \$125**

### British Multi-Sport Camp

**Ages 6-12.** Learn new sports with an international twist—**Tag Rugby, Cricket, Soccer, Rounders, Kickball, Netball and more!** Motivate, activate and energize your child with Challenger Sports' Multi-Sport Program. Challenger's team of British coaches will give your boys and girls a memorable week of nonstop action, fun and competition. All with a British twist!



**Host-A-Coach:** A unique and truly rewarding part of the British Soccer Camp is our host family program. A coach will stay with a family for the duration of the camp week, usually Sunday evening through the following Saturday or Sunday. All host families receive \$80 voucher towards the cost of camp. Please contact Milford Recreation for more details. **Keyes Park Soccer Field.**

**Monday-Friday, 8/5-8/9 9am-12pm**  
**Res \$134/NRes \$139**

**Register by July 26th and SAVE \$15!**

## Summer Week Programs

### Lego™ Engineering

**Grades 2-5.** In this program kids learn some basic engineering principles that will make their own inventions at home more fun and complex. This full-contact, hands-on program teaches basic engineering concepts, problem solving & teamwork - all by playing and building with Legos™. We look at gears, levers, pulleys, and wheels & axles, which are the mechanisms that underpin all the mechanical equipment in our lives. Each day has three different lego projects and one related educational non-lego project. **This camp is run by Wicked Cool for Kids. Town Hall 3rd Floor Banquet Hall. Minimum of 12 participants. Registration deadline July 29th.**



**Monday-Friday, 8/5-8/9 9am-12pm**  
**Res \$150/NRes \$160**

## Youth Programs

### Morning Toddler Tumbling

**Ages 2-5.** This 6 week summer class includes fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! Parent participation is required. **Instructor Leslie D. Town Hall 3rd Floor Auditorium. Limited to 10 participants.**



**Mondays, 7/8-8/12 10:45-11:15 am**  
**Res \$25/NRes \$30**

### Safe Sitter: Babysitter Training Course

**Ages 11-15.** This fun and exciting course teaches sitters the importance of their unique job responsibilities. Topics include accident prevention, proper play and interaction with children of all ages, feeding babies and CPR introduction! Participants will be prepared to respond effectively in an emergency situation. Prepare for increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day (6-7 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and completion card. **Instructor Stephanie Zubricki. Milford Police Station Community Room, Garden St. Minimum of 6 participants.**



**Saturday, 7/13 9am-4pm \$75 per person**

## Youth Programs

### Learn to Play Tennis

**Ages 5+.** Geared toward beginner and intermediate tennis players. Students will learn the rules of the game and the fundamental skills through fun games and drills. Skills learned include: scoring, forehand and backhand shots, volleys and serving. **Instructors Nancy, Shannon & Ben. Keyes Field Tennis Courts. Minimum of 6 participants.**



**Monday-Thursday (Friday rain make up)**  
**Res \$40/NRes \$50**

□ 9-9:45am □ 10-10:45am □ 11-11:45am

**Session 6/24-7/5\***

**Session 7/8-7/19**

**Session 7/22-8/2**

**Session 8/5-8/16**

**\*Thursday 7/4 class will be held on Friday 7/5.**

### USTA Jr. Team Tennis League

**Ages 7-12.** USTA Jr. Team Tennis brings kids together in teams to play singles, doubles and mixed doubles against other teams. It promotes social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. It's a fun environment for kids in which they learn that succeeding is really more about how they play the game—win or lose. **Instructor Nancy McManus. Keyes Field Tennis Courts. Minimum of 10 participants.**



**Wednesdays, 7/10-8/14 6-8pm Res \$60/NRes \$70**  
**Cost includes USTA membership & uniform shirt.**

## For the Family

### Contra Dance

**All Ages.** Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Frank Woodward 603-487-2480. Town Hall 3rd Floor Auditorium.**



**Adults \$7/Children 6-12 \$3.50**

June	Fri	8pm	6/28
July	Fri	8pm	7/26
Aug	Fri	8pm	8/23
Sept	Fri	8pm	9/27

## For the Family

### Archery Lessons

**Youth & Adult.** Learn to shoot like Katniss in The Hunger Games. Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. No equipment necessary, just bring your willingness to learn and have fun. **Instructor Dana White. Keyes Park.**



**Wednesdays 5:30-6:30pm Res \$60/NRes \$65**

**Session 6/12-7/3**

**Session 7/10-7/31**

**Session 8/7-8/28**

**Session 9/4-9/25**

## Adult Programs

### Coed Pickup Beach Volleyball

**Ages 16+.** Looking for a place to go brush up on your volleyball skills and have some fun outdoors? Then join us for pickup beach volleyball! All ability levels are welcome at this open format of play. **This is a free program, and equipment can be checked out at the pool front desk. Keyes Park.**



**Thursdays 6/27-8/22 6-7pm**

## Keyes Pool Programs

### 2013 Keyes Pool Pass

As a part of Keyes Pool Pass Registration, you will gain access to Keyes Memorial Pool for open swim. A Keyes Pool pass is required for participation in **ALL** pool programs.



Milford Res \$20 per pass/\$80 family pass (4 or more)  
Free for children (4 & under) and Seniors (62 & older)

Non-Res \$40 per pass/\$160 family pass (4 or more)  
Free for children (4 & under) and Seniors (62 & older)

Day Pass \$5 per person/replacement pass \$5 per card

### Open Swim

**Pre-season 6/17-6/21 M-F 3:30-7pm**

**Season 6/22-8/24 M-F 12:30-7pm**  
**Sat./Sun. 12-7pm**

Pool subject to close for weather, cleaning and events.  
No refunds.

## Keyes Pool Programs

### American Red Cross Lifeguard Certification Course

Instructor: Gretchen Dunn

gdunn@sprise.com or 494-2412

**Ages 15+.** The American Red Cross Lifeguard Certification Course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. Covers: surveillance, rescue, first aid, professional rescuer CPR and professional lifeguard responsibilities. Upon successful completion of the course, the student will be granted a lifeguard training and first aid certification (valid for 3 years) and a CPR/AED for the professional rescuer certification (valid for 1 year). **Participants required to be 15 years old by end of course and pre-course swim test will be given. Minimum of 6 participants. Registration deadline June 10th.**

Monday, 6/17 4-7pm \$250 per person  
6/18-6/23 Times TBD

### American Red Cross WSI Certification Course

Instructor: Gretchen Dunn

gdunn@sprise.com or 494-2412

**Ages 16+.** The American Red Cross Water Safety Instructor Course teaches the skills and knowledge needed to teach swim lessons to all ages. Your certificate entitles you to teach learn to swim levels 1-6, parent/child aquatics, water safety outreach, basic water rescue, water safety today, home pool safety, parent orientation to swimming lessons. **Participants required to be 16 years old by end of course and must know basic swim strokes. Minimum of 6 participants. Registration deadline June 17th.**

Monday, 6/24 4-7pm \$340 per person  
6/25-6/30 Times TBD



## Keyes Pool Programs

### American Red Cross Youth Swim Lessons

Instructor: Keyes Pool Lifeguard/WSI Staff

**Ages 5+.** American Red Cross swimming lessons are offered by age and ability level. The Learn to Swim program provides instruction to help swimmers develop their swimming and water safety skills. Lessons are designed to give students a positive learning experience. Each session consists of 8 30-minute classes, including safety program, rules and ability assessment day. ARC levels 1-4 and competitive swim lessons offered; the Pool Manager reserves the right to transfer students to proper class level. Youth must be 5 years old by start of session.

Monday-Thursday (Friday rain make up)  
Res \$28/NRes \$38

□ 10:15-10:45am □ 11:00-11:30am □ 11:45am-12:15pm  
□ 5:30-6:00pm □ 6:00-6:30pm

□ Session 1 6/24-7/5\* □ Session 2 7/8-7/19  
□ Session 3 7/22-8/2 □ Session 4 8/5-8/16

\*Thursday 7/4 class will be held on Friday 7/5.

### Aqua Animals Swim Lessons

Instructor: Keyes Pool Lifeguard/WSI Staff

**Ages 3-5.** This program will teach young swimmers many different swimming and water safety skills and is taught without the parent in the water—three levels include Guppies, Tadpoles, and Froggies. Child must be 3 years old by start of session.

Monday-Thursday (Friday rain make up)  
Res \$28/NRes \$38

□ 10:15-10:45am □ 11:00-11:30am □ 11:45am-12:15pm  
□ 5:30-6:00pm □ 6:00-6:30pm

□ Session 1 6/24-7/5\* □ Session 2 7/8-7/19  
□ Session 3 7/22-8/2 □ Session 4 8/5-8/16

\*Thursday 7/4 class will be held on Friday 7/5.



**Park Discount Tickets  
Water Country \$29.99  
& Funtown Splashtown USA \$27!**

**Contact Milford Recreation for details  
and when they go on sale!**



## Keyes Pool Programs

### Swim Like a Fish

#### Parent & Child Swim Lessons

**Instructor:** Keyes Pool Lifeguard/WSI Staff

**Ages 6mos.-3yrs.** Parent and child swim lessons are designed to introduce children to the water at an early age. Little ones will increase their comfort in the water through fun activities, singing, games and basic swim instruction.



**Tuesday & Thursday 12:15 –12:45pm**  
**Res \$18/NRes \$28**

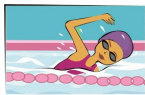
- ☐ **Session 1** 6/24-7/5\*      ☐ **Session 2** 7/8-7/19
- ☐ **Session 3** 7/22-8/2      ☐ **Session 4** 8/5-8/16

\*Thursday 7/4 class will be held on Friday 7/5.

### Competitive Swimming Lessons

**Instructor:** Keyes Pool Lifeguard/WSI Staff

**Ages 8-18.** Class focuses on mastery of the four competitive strokes, racing starts and turns. This course will not meet the needs of children who need beginning to advanced beginning swim instruction.



**Monday-Thursday (Friday rain make up)**  
**Res \$28/NRes \$38**

- ☐ **9:30-10:00am**      ☐ **11:45am-12:15pm**
- ☐ **Session 1** 6/24-7/5\*      ☐ **Session 2** 7/8-7/19
- ☐ **Session 3** 7/22-8/2      ☐ **Session 4** 8/5-8/16

\*Thursday 7/4 class will be held on Friday 7/5.

### Synchronized Swimming

**Instructor:** Laura S.

**Ages 8-18.** Instruction will focus on basic movements, development of routines and conditioning swim practices. There will be a synchronized swimming show at the end of the program. Participants must be comfortable in deep water and submerging activities. Swim caps and nose plugs are needed.



**Tuesday & Thursday 12:15 –12:45pm**  
**Res \$40/NRes \$50**

**Season 7/9-8/15**

## Keyes Pool Programs

### Milford Keyes Swim Team

**Team Coaches:** Marisa M./Kira L.

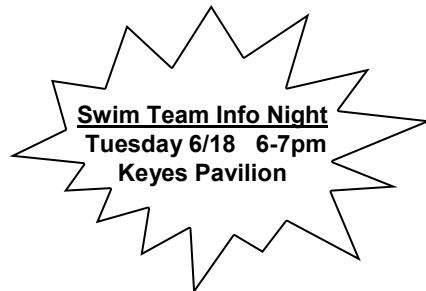
**Ages 4-19.** Milford Keyes Swim Team is open to swimmers of all abilities. The recreation swim team program offers swimmers the opportunity to advance their skills in strokes, improve endurance in the water and meet new friends. Milford Keyes Swim Team is a part of the Granite State Swim Association.



**Monday-Friday**  
**Res \$70/NRes \$80**

**Pre-season**  
**6/19-6/21 4-5pm**

**Season 6/24-8/4**  
☐ **11 & Up 7-8:30am**      ☐ **12 & Under 8:30-9:30am**



### Senior Water Fitness

**Instructor:** WSI Staff

**Seniors.** Low impact water aerobics helps improve flexibility and mobility for both swimmers and non-swimmers. This class meets in the shallow end of the pool. Each class includes time for individual exercise activities and/or lap swimming.



**Monday & Wednesday 12:15 –12:45pm**  
**Res \$15/NRes \$25**

**Season 7/8-8/14**

### 45th Annual Milford Rotary Swim Meet

Join us at Keyes Park and Pool as we host the 45th annual Rotary swim meet. Cheer on the Milford Keyes Swim Team! Join the fun! **Keyes Pool will open for public swim at 4pm or at the end of the swim meet.**



**Saturday 7/20 & Sunday 7/21**

### GSSA State Swim Meet

Milford Keyes Swim Team is proud to host the championship state swim meet! Join the fun, swim with the MKS team or come cheer them on. **Keyes Pool will open for public swim at 4pm or at the end of the swim meet.**



**Saturday 8/3 & Sunday 8/4**